



## December E-News from STRIDE!!! Happy Holidays!! And Happy 2024!

### Message from the CEO A Holiday message to All...

Twice the week of Christmas,  
and all throughout STRIDE,  
Mare and her elves  
helped programs provide  
fair access for all  
and the passion to try  
for a fun active lifestyle  
where your limit's the sky!



Lois taught classes,  
Alli took calls,  
Joe worked on budget,  
and Chris gave her all  
to bring in the funding  
for a new year of fun;  
an inclusive community  
a goal for everyone.

"Break through those barriers,  
your talents, don't hide!  
we'll support each other  
Volunteering with pride."  
That was Mare's message  
as she strode through the gym.  
"Every single one of you  
is destined to win!"

That is the promise  
of STRIDE's DNA,  
to give all our athletes,  
an adapted way to play:  
"2023 will come and will go,  
but STRIDE's mission will last  
and our athletes will grow!"

So hop aboard, hop aboard  
Adapting sports  
Is STRIDE's plight  
Anyway possible  
Making all athletes shine bright!!!

We look forward to a Bright 2024!  
Happiest of Holidays to All,

Mare Whitney, CEO & Founder



### VOLUNTEERS NEEDED!

### Teach kids with disabilities the fun of sports & recreation

Volunteers 18+ are required to  
complete a background check and a  
90min SafeSport training

Other trainings may be required

For More  
Information  
Contact Alli Ryan  
[aryan@stride.org](mailto:aryan@stride.org)  
518-598-1279  
[stride.org](http://stride.org)

BEGINNER  
SWIMMING

RESPIRE  
NIGHTS

BOWLING



### STRIDE Capital District Sled Warriors VS. Union College Demo Game

On the  
evening of  
November 29,  
[Union College  
Men's and  
Women's](http://UnionCollegeMen'sandWomen's)  
teams players  
took off their

skates,  
strapped into

FUERST & MORTIMER PC

North

## Thanks to to STRIDE Board member-

### Mark Moran

After a decade and a half with STRIDE, Mark Moran is retiring from the STRIDE Board, and we thank him for his service. Mark came to STRIDE as a volunteer for our Warrior programs in 2009 and served on the Event Committee for three years. He next stepped into the role of Office Manager for STRIDE, as we began developing our employee base and stayed in that role until 2016. After employment with STRIDE, he served on the Executive Board of Directors for a number of years until now, stepping down into retirement and his new residence in Virginia. We thank him and wish him the very best!



sleds, and joined the Sled Warriors for a friendly scrimmage at the Union Mesa Rink! Check out awesome coverage of this event, and interviews, at

[WAMC Northeast Public Radio!](#)



### Regeneron Makes STRIDE Holiday Wishes Come True!

STRIDE was selected to benefit from donations from employees who bring gifts to the employee Holiday party. STRIDE created a Holiday Wish list, and it was filled! The list included a *brand-new Sled Hockey sled* from Canada! and an additional \$3500! Thank you [Regeneron](#) for being a great community partner and making Holiday wishes come true!



**Are you a Veteran Living with a Disability?**



**STRIDE Adaptive Sports wants YOU!**

Join us for a **NO-COST** weekend of skiing/riding lessons at the  
**19th STRIDE Wounded Warrior Snowfest**

March 1 — March 3, 2024  
Jiminy Peak Mountain Resort  
Hancock, MA

**WARFIGHTER SPORTS**  
Serving Severely Wounded Since 1967

**STRIDE WOUNDED WARRIORS**

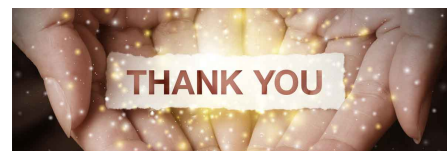
For more information on how to participate please contact:  
**STRIDE Adaptive Sports**  
www.stride.org  
(518) 598-1279  
Email: mwhitney@stride.org

**Jiminy Peak**  
Mountain Resort

### December Donors

HEARTFELT THANK  
YOU TO OUR  
DONORS!!! We want  
to take this

opportunity to thank December contributors for their financial and in-kind support. These contributions help make STRIDE adaptive programs possible.



### Individual Donors

Darlene DeMott  
Maithao Le  
Tea Varghese  
Chris Mancuso  
Dani Milliken  
Graham Macbeth  
Kyle Gancarz  
Brandon Badgett  
EvaMarie Trimboli  
Victor Paredes  
Matthew Wonkovich  
Ashley Schulliger  
Emily Smith  
Daniel Kollar  
Dan Bedian  
Solomon Mori  
Jonathan & Susanna Baum  
Maria Immordino  
Tom and Beverly Gilbert  
Mike Simpson  
Kara Meunier  
Jeanne Carras  
Ed Haddad  
Adrienne Orbach  
Cheryl Valenti  
Adam Rosman  
Sandra Cummings  
Tina...



# TENNIS @ SPORTIME

2699 CURRY RD, SCHENECTADY, NY 12303

3-4 PM | COURTS 3 & 4

## RED GROUP

JANUARY: 7TH, 21ST  
FEBRUARY: 4TH, 18TH  
MARCH: 3RD, 17TH  
APRIL: 7TH, 21ST

## BLUE GROUP

JANUARY: 14TH, 28TH  
FEBRUARY: 11TH, 25TH  
MARCH: 10TH, 24TH  
APRIL: 14TH, 28TH



REGISTRATION

ARYAN@STRIDE.ORG



Daniel Bopp  
Tracey Costello  
Cathy Buckley  
Danielle Palleschi  
Gianclaudio Angelini  
Linda Martin  
Susan Snyder  
Teal Reeves  
Leslie Lamar  
Camille Stack

### Wounded Warrior Programs

MOAA NYS Capital District Chapter  
Concord Pools and Spas  
Fredericka V. Slingerland Family Foundation

### Organizations & Foundations

Marc S. Zeplin Foundation, Inc  
Real Dare Foundation -Rebecca Kostyuchenko

### In honor of Megan Brown

Megan Brown - for Bike Program

### In Honor of Richard Thomas Rabatin

Mary Emerson

### In Honor of Matt Wall

Isaiah Wall

### In Memory of John Reiss

Linda Reiss

### In Memory of Joe Nastke

Dillon Remler

### In Memory of Donna Milks

Chrissie Rasmussen

### Sled Hockey

The Chiastawa & Gill Charitable Fund

### In-Kind:

Nancy Beebe  
Six Flags/Great Escape  
5 Wits  
Albany Symphony Orchestra  
Sand Lake Center for the Arts  
Mac Hayden Theatre  
43 Farms/Deschamps Brothers Inc.  
Southwick Zoo  
Schenectady JCC  
Vent Fitness  
Nicole's Restaurant  
Home Depot  
Krause's Homemade Candy  
Apex Entertainment  
Noxgear  
Harbor Freight  
Yankee Trails  
VENT Fitness  
All the Fitness class women who donated food and decorations!

## Snowsport lessons are OPEN at all 3 locations!

Book a lesson at Jiminy Peak or Catamount by completing the following lesson request forms.

### Jiminy Peak Lesson Request Form

### Catamount Lesson Request Form

Completing above forms do **not** reserve your lesson. Please keep a lookout for email confirmation 5 to 7 businesses days after request is submitted.



Titus reservations can be made by emailing [mindy@stride.org](mailto:mindy@stride.org)

- Deepest Sympathy to the family of Gwen Allard, Adaptive Super Hero who founded ASF organization and was instrumental in building adaptive programs in the East.
- Get Well wishes to Mare & LJ's Mom, Kathy Gahn in her battle with cancer.
- Get Well wishes to Alan Justin after surgery
- Get well wishes to Catamount coach Adriene Orbach after kidney surgery.
- Get well wishes to Catamount coach Mary Ellen Smith and her husband.
- Healing thoughts to Tim Togan Catamount Director as he begins his battle against cancer.
- Get Well wishes to Don and Derek Gallo.



Align Your Business with  
the power of STRIDE



## Ski Spectacular Instructor Academy (formerly PSIA-AASI National Adaptive Academy)!

The Hartford Ski Spectacular, hosted by Move United in Breckenridge, CO, is one of the nation's largest winter sports festivals for people with disabilities, with more than 800 registered participants annually. For over 3 decades, thousands of participants have experienced the transformational power of #SkiSpec

*Did you know....* Mare Whitney was one of 15 national clinicians to be selected for The Hartford Ski Spectacular Adaptive Instructor Academy, teaching clinics to instructors from around the US. This was her 18th year selected, and 30th year attending! #SkiSpec #MoveUnited #thebest



## 100k Vertical Ski Challenge Monday, February 26, 2024 Jiminy Peak Mountain Resort

4 People  
87 Runs  
1 Day

Sign up your team **HERE**  
\$75/pp lift ticket, bfast & lunch & swag

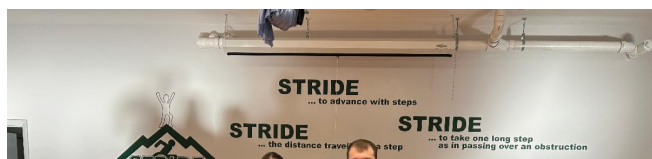
[www.stride.org](http://www.stride.org)

**BIG PRIZES**  
Fastest Team  
Top Fundraisers

## SHARE Center Fitness classes are fully integrated

With so many classes to choose from every week morning and evening, its no wonder that STRIDE athletes are finding more and more avenues to fitness with STRIDE. Any number of classes are integrated with students or adults with neurodiverse

abilities. Seen here, **AVERILL PARK HS Special Education class** joins us on Wednesday mornings for Zumba!



## Become a STRIDE Event Sponsor

STRIDE 100k Vertical Challenge - February 26, 2024

STRIDE Wounded Warrior Snowfest - March 2/3, 2024

STRIDE Great Race - March 16, 2024

Strides 4 STRIDE 5k - June 2024

Autumn Surprise - Fall 2024

Benefits include tickets, logo on swag, social media postings, logo on website and MORE! STRIDE can customize a sponsorship package for you for maximum benefit for your company.

For more information contact Chris,  
[cgolden@stride.org](mailto:cgolden@stride.org)



## STRIDE Alpine Race Team



### Join STRIDE Ski/Snowboard Race Team

- 10 seasonal practices; team members are required to attend 6 to compete.
- Cost: \$330 for 5 practices (or \$70 per 1/2 day lesson) price includes rentals (if needed), lift ticket, adaptive equipment, and coach training
- \*\*Cost may be partially subsidized by NYSO and KWCF grant. Special Olympics' rules require racers to attend a minimum of 8 practices:
- \$100 refundable uniform deposit for race team jacket.
- Athletes with intellectual disabilities will be able to participate in Special Olympic events.
- Other races may include: ASF Windham, Empire Games; Mountain Dew Challenge and STRIDE Great Race. Transportation provided to all races from STRIDE.
- **Ages:** 8+
- Parents may be asked to assist a practices



**Where: Jiminy Peak:** 11 Corey Rd, Hancock, MA 01237 Starting

Mid- December Saturday's 9am- 11:30am

**Catamount:** 78 Catamount Rd, Hillsdale, NY 12529

Starting Mid- December Sunday's 9am- 11:30am

**Coaches:** Cliff & Barbra Mark @ JP; Catamount TBD

For more info please contact **Head Race Coach Cliff Mark** : [clifmk@aol.com](mailto:clifmk@aol.com)

or STRIDE main office [arvan@stride.org](mailto:arvan@stride.org) (518)598-1279



## Annual Holiday Party and Teen Dance



Holiday fun and cheer was shared by many at





STRIDE's annual holiday party! Some athletes came to visit Santa and the Mrs for the photo booth, while

others "rocked it around the Christmas tree" with our SHARE Center Elves. Thank you to Mr. and Mrs. Claus for joining us all the way from the North Pole! And big shout out to the **SHARE Center Elves** who helped prepare for Santa's arrival! Happy Holidays!

Last chance in 2023 to get that tax deduction! And support your favorite charity!

Make a Year End Donation



We have a very active "SOCIAL" life at STRIDE! Join us on [Facebook](#), for all the latest and greatest activities and resources.



STRIDE Adaptive Sports 4482 NY Highway 150 West Sand Lake NY 12196 [www.stride.org](http://www.stride.org) 518-598-1279

STRIDE, Inc. | 4482 NY Highway 150, West Sand Lake, NY 12196

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